

WCC Road Run List, Jul – Oct 2022

Date	Distance	Difficulty	Route	Map	Guides
31 July	49 miles	**	Rose Garden Café, Earls Croome	Rose Garden, Nuyard E.C.	Jim
7 August	52 + miles	**	Long Marston with option of Commonwealth Games Road Race	Long Marston Via Cleeve Prior	Martin
14 August	73 miles H 38 miles H	**** ***	Rollright Bledington	https://www.plotaroute.com/route/1854789 https://www.plotaroute.com/route/149847	Joe Terry
21 August	54 miles H 45 miles H	*** ***	Gilbertine Kitchen, Poulton plus Gilbertine Kitchen, Poulton	https://www.plotaroute.com/route/1981212	Jack Jim
28 August	55 miles H 48 miles H	*** ****	Cotswold Distillery, Cherington plus Cotswold Distillery, Cherington	Cotswold Distillery	Jack Terry
4 September			No Club Ride - HONC		
11 September	44 miles	**	Åshleworth (Terry's route)	https://www.plotaroute.com/route/1976715	Terry
18 September	56 miles 56 miles	*** ***	Stratford Stratford	Stratford	Martin Jim
25 September	50 miles H 40 miles H	*** ***	Moreton in Marsh plus Moreton in Marsh		Joe Jim
2 October	50 miles	**	Clives at Upton on Severn	Upton On Severn	David
9 October	miles miles	*** ***	Weston's Cider, Much Marcle Blockley	https://www.plotaroute.com/route/136869	Jack Jim
16 October	60 miles	***	Lechlade	Lechlade	Martin
23 October	50 miles	**	Café de Fleurs, Alcester		Martin + 1

- All rides start at 8.30am on Sunday from Library Car Park.
- We plan to run 2 groups. The first group will average 16-18 mph and do the longer hillier rides; the second group will average 14-16 mph and will ride the shorter hillier rides. The faster group may add miles on to the flat routes on the day. The top ride each week is for the first group, the lower of the second group. On days marked in bold both groups will ride to the café stop together and come back separately.
- A star rating has been added to each ride to denote the degree of difficulty based on elevation gain and distance. Five stars is the hardest!
- Ride distances and routes may change depending on weather conditions.
- Nominated guides are just that. They are not qualified ride leaders; they are there to indicate the route only.
- Coffee stops or takeaways will be organised nearer the time. However, riders are advised to take enough liquid and food to get them comfortably through the ride without the need for a coffee stop.
- Keep an eye out for messages on the WhatsApp group on the morning of every ride for last minute changes necessitated by illness, weather, etc. This is particularly important during the winter months.
- Make sure you have read the latest Rules for Club Rides and Risk Assessment before joining any Club Ride.